

# **3<sup>rd</sup> Annual Saint Cloud VA Summer Games Event**

## **Event Rules & Regulations**

**Saturday, August 5<sup>th</sup>**

### **Pool/Billiards**

Competitors will be competing in 8 Ball, following the rules and regulations set by the World Pool-Billiard Association.

Full rules and regulations can be found at [http://www.wpa-pool.com/web/the\\_regulations](http://www.wpa-pool.com/web/the_regulations).

### **1 Mile Walk/Run/Roll**

There will be a one-mile course that follows the walking path that competitors may walk, run, or roll through. The time will be recorded for the 1 Mile Walk/Run/Roll to determine winners.

### **Badminton**

Each match will consist of 1 game played against an opponent. The winner moves onto the next round. Competition will be single elimination, so once the competitor loses a match, they are out of the competition. There will be a singles ambulatory and a singles wheelchair division. There will be no separation of gender.

Scoring System: All games will be played to 21 points or 15 minutes in length, whichever occurs first. Every time there is a serve, there is a point scored. The side winning a rally adds a point to its score. At 20 all, the side which gains a 2-point lead first wins the game. At 29 all, the side scoring the 30<sup>th</sup> point wins the game.

Singles and Serving: At the beginning of the game (0-0) and when the server's score is even, the server serves from the right service court. When the server's score is odd, the server serves from the left service court. If the server wins a rally, the server scores a point and then serves again from the alternate service court. If the receiver wins a rally, the receiver scores a point and becomes the new server. Competitors serve from the appropriate service court – left if their score is odd, and right if their score is even.

### **Weightlifting**

Competitors will be bench pressing a barbell with weight plates on each side. Competitors will do 3 lifts reaching their maximum weight. Spotters will be on both sides of the barbell and in the middle to support the weight if the competitor cannot finish the lift. There will be ambulatory and wheelchair divisions separated by age.

## Rowing

Rowing will be done on a stationary rowing machine. Competitors will row 1000 meters for time.

## Horseshoes

A coin is tossed to decide who starts and thereafter the player to pitch first alternates with the end. The first player throws both horseshoes at the opposite stake, one after the other. The second player then does the same. The score for the end is then calculated and the players play the next end by reversing direction and throwing at the other stake. The first team to reach 21 points or whichever team has the most points at the end of the 15-minute time limit will win the game.

Scoring System: Any horseshoe that is leaning against the stake is called a “leaner”, and will gain 2 points. Any horseshoe that completely surrounds the stake is called a “ringer”, and will gain 3 points unless cancelled out by the opponent’s ringer. If there is any doubt as to whether a horseshoe qualifies as a ringer, a straight edge should be placed against the open end of the horseshoe. If the straight edge does not touch the stake, a ringer is scored. Horseshoes that lean against the stake are not counted nearer than any other horseshoe that touches the stake. Although it is a simple game, scoring can be complicated because of the way that ringers are cancelled out. To simplify this, various options are listed below:

1. If no ringers are thrown, the nearest horseshoe to the stake gains 1 point.
2. If both players throw a single ringer each, the ringers are cancelled out and the nearest of the other two horseshoes scores 1 point.
3. Should both players score two ringers each, they cancel each other out and no points are scored.
4. If one player scores one ringer but the other player scores two ringers, 3 points are scored.
5. If a single ringer has been scored, that player wins 3 points plus 1 extra point if that player’s other horseshoe is the nearest to the stake of the remaining three.
6. If a player scores two ringers and the other player scores none, 6 points are scored.

## Table Tennis

Singles games of table tennis will be played. A game is started when one player makes a serve before the receiver makes a return. The server starts with the ball resting freely on their open palm, then strikes the ball so that it touches their court first before passing over the net and touches the receiver’s court. Once the ball has been served, both players make returns until a point is scored. After 2 points have been scored, the receiving player becomes the serving player and so on until the end of the game.

Scoring System: A set occurs when one of the players scores 11 points first. If both players score 10 points, a set is won by the first player to gain a 2-point lead. A point is scored when an opponent fails to make a correct serve, an opponent fails to make a return, the ball touches any part of either player’s body, a player strikes the ball twice in succession, or when a player or anything they are wearing touches the playing surface/net during play.

Full rules and regulations can be found at [http://www.old.ittf.com/ittf\\_handbook/hb.asp?s\\_number=2&](http://www.old.ittf.com/ittf_handbook/hb.asp?s_number=2&)

